

Nov Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>10:45 Share Bingo</p>	<p style="text-align: right;">4</p> <p>General Election VOTING at 4 Mile in Fireplace Room</p> 	<p style="text-align: right;">5</p> <p>**10 am Crafts Holiday Apron**</p> <p>12:00 Cards</p>	<p style="text-align: right;">6</p>	<p style="text-align: right;">7</p> <p> 10:45 FRUIT BINGO</p> <p>11:40 Nutrition Education</p>
<p>10:45 Share Bingo</p> <p style="text-align: right;">10</p> <p>**8:00-1 Foot Care Nurse**</p>	<p style="text-align: right;">11</p> <p>Closed for Veterans Day:</p> 	<p style="text-align: right;">12</p> <p>**10 am Crafts Holiday Apron**</p> <p>11:40 Senior Outreach Health Education</p> <p>12:00 Cards</p>	<p style="text-align: right;">13</p>	<p style="text-align: right;">14</p> <p>10:00 Blood Pressures:-VNS</p>  <p>10:45 Bingo</p> <p>11:40 Health Education</p>
<p>10:45 Share Bingo Z</p> <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p> <p>10:30 Stretch & Relax</p>	<p style="text-align: right;">19</p> <p>**10 am Crafts Holiday Apron**</p> <p>11:30 November Birthday's</p>  <p>12:00 Cards</p>	<p style="text-align: right;">20</p> <p>11:40 SENIOR MEDICARE PATROL</p>	<p style="text-align: right;">21</p> <p>10:45 Bingo</p> <p>11:40 Nutrition Education</p>
<p>10:45 Share Bingo</p> <p style="text-align: right;">24</p> <p>+</p>	<p style="text-align: right;">25</p> <p>10:30 Stretch & Relax</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>**Activity Requires Pre-Registration**</p> </div>	<p style="text-align: right;">26</p> <p>12:00 Cards?</p>	<p style="text-align: right;">27</p> <p>Center Closed THANKSGIVING HOLIDAY</p> 	<p style="text-align: right;">28</p> <p>Center Closed THANKSGIVING HOLIDAY</p> <p>See you in December!</p>

Polk County provides this part-time
Senior Meal Activity Site within the multipurpose rooms of
Scott 4 Mile Community Center

OPEN 9:30 am to 1:30 pm, Monday-Friday
Information regarding Senior Activities, meals or
volunteering, **Contact us at: 265-9977**

(Calendar subject to change current as of Oct 14, 2014)

City of Des Moines operates
Scott Four Mile Community Center, located at:
3711 Easton Blvd
Building Hours: 8 am - 5 pm Monday-Friday

Seniors (60 +) are ~FREE~ to use Fitness Equipment,
Gym & Computer Lab. We have **FREE WiFi**. Just bring your
device and use our connection,(not your plan's). For information on
building hours or rentals please call: **248-6315**